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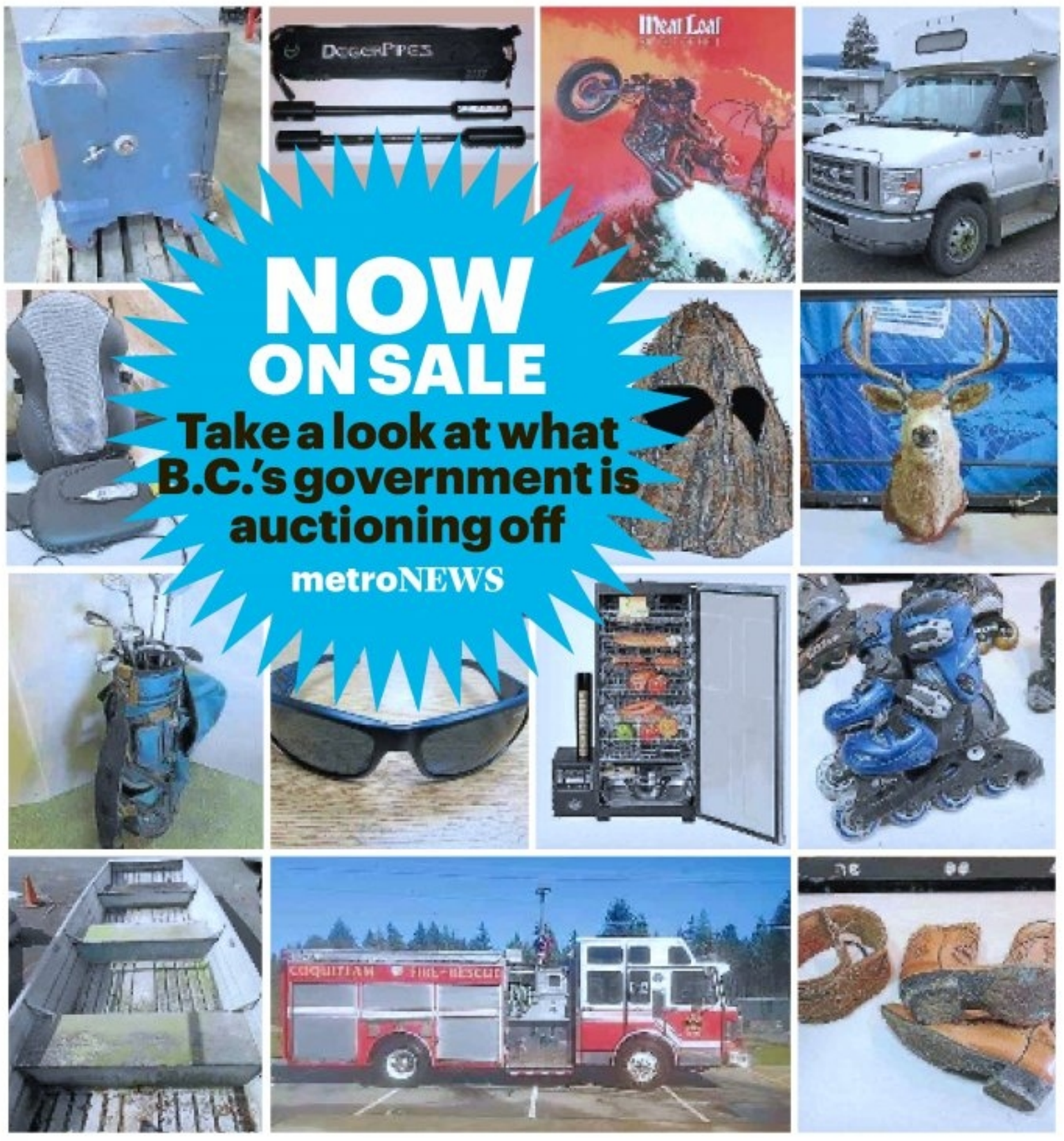

Facebook no help for Mayor Helps

SOCIAL MEDIA

Victoria politician blocked from her own profile

Thandi Fletcher
Metro | Vancouver

Victoria Mayor Lisa Helps says she is frustrated after getting no help from Facebook last week when the social media service mistakenly blocked her account because of her name.

The mayor says she tried to log onto her Facebook account on May 20 only to be met with a message that her profile had been blocked because the name she had chosen — her real name — did not meet the social media service's name policy.

"It was kind of bizarre," Helps told Metro. "I've been on Facebook almost since Facebook started and I've always used my real name."

Worried that her account had been hacked, Helps said she contacted Facebook twice to request that her profile be restored but received no response.

Helps finally managed to reopen her account using her first and middle name, Jennifer. Still, Facebook wouldn't allow her to use her last name, she said.

On Monday, Facebook finally restored her profile and apologized for erroneously blocking her account.

While she appreciates the apology, Helps said the lengthy process to get her profile restored was frustrating considering she uses Facebook as a tool to communicate with constituents.

She said the ordeal became especially annoying when critics accused her of taking down her Facebook profile because they claimed she couldn't handle negative feedback.

While she's still not sure why her account was blocked, Helps said the experience was eye-opening to the challenges that some people have to deal with on Facebook.

She said she has been flooded with comments from people in the transgender community who have had their accounts blocked after changing their names.

Since some transgender people are still in the process of transitioning, she said they might not have a birth certificate or ID with their new name to prove their identity.

"Trans people have a very challenging time," she said. "For me, it was probably some kind of political shenanigans or some algorithm kicking in, but for other people it has a very real impact on who they are and how they live in the world."

WITH FILES FROM THE CANADIAN PRESS

metro NEWS

Your essential daily news

The Penguins take a bite out of the Sharks in Game 1. **Sports**

Bike recovery app racks up 6,000 users in six months

TECHNOLOGY

Registered users have a 60 per cent return rate for bicycles

Wanyee Li
Metro | Vancouver

The creator of a bike-recovery app didn't know how serious the bike-theft problem in Vancouver was until he launched the campaign six months ago.

As many as seven bikes a day are reported stolen in Vancouver, said J Allard, the former chief experience officer at Microsoft, who created the app called 529 Garage.

The app enables people to register their bikes serial numbers and defining features, creating a database that all app users can access. This makes identifying and reporting stolen bikes easier.

"I had no idea the problem was so big in this city," said Allard, who splits his time between Portland and Vancouver.

The app has proven popular, with over 5,000 bikes registered so far. That's half of the 10,000 goal 529 Garage made in partnership with Vancouver police half a year ago.

Vancouver police are urging cyclists this week to register for the app to mark Bike to Work Week, which runs May 30 to June 5.

Of the 16 registered bikes that have been stolen, 10 have been recovered and returned to owners, according to a release from VPD. In addition, one more bike was recovered Monday afternoon, according to Allard.

Amazingly, there have been seven recoveries in the past 10 days in B.C., according to Allard. One of those reunions did not involve the cops at all — someone who had bought the bike on Craigslist saw the 529 Garage sticker and searched the sticker number using the app.

When he saw that the bike had been stolen, he returned it to its original owner.

Bike theft is a $500 million problem in North America, estimated Allard, who has studied the problem for three years. The more people that download the app, the more people can keep an eye out for stolen bikes, he explained.

"The software itself carries very little power. The power of the solution comes from the community."

The willingness of residents, local government, and police to adopt 529 Garage was integral to its success, said Allard.

He did not expect to launch the app in a major urban centre like Vancouver until later in the campaign.

"We didn't think the first city would be as big as Vancouver, but Vancouver [was] the first one to raise their hand and say we're very serious about this," he said.

> **The power of the solution comes from the community.**
> J Allard, 529 Garage creator

AVAILABILITY

The 529 Garage app is now available in eight B.C. municipalities:

- Vancouver
- West Vancouver
- Surrey
- Richmond
- Nanaimo
- Prince George
- Kelowna
- Kamloops
- Penticton

People who register their bikes using the 529 Garage app have a better than 60% chance of recovering their bike if it gets stolen. METRO FILE

SAFETY

Hikers urged to prepare

Thandi Fletcher
Metro | Vancouver

North Shore Rescue is again urging hikers to be prepared before heading onto the trail following two frustrating rescues Sunday night.

Search manager Doug Pope says this year has been demanding for the volunteer-run group that has already been swamped with 48 emergency calls, mostly from hikers ill equipped for the snow conditions still lingering on the mountains this spring.

"It's been a busy year so far and it just doesn't seem to let up," Pope told Metro. "Last year was a record year for us, and this is probably tracking around the same right now."

He said the first call came around 4 p.m. when a man in his 20s from Seattle became lost hiking down Hollyburn Mountain.

Not prepared for snow conditions, Pope said the man lost the trail. Rescue crews were able to escort him out of the area around 7 p.m.

North Shore Rescue responded to another emergency call around 10:40 p.m., he said.

Two people, who started their hike at 4 p.m., became lost when it got darker earlier than they expected. Despite bringing flashlights with them, the pair lost the trail on the way down, ending up in the area of Suicide Creek before they were rescued around 1:30 a.m.

Pope urged hikers to do their research before hitting the trail.

SOCIAL HOUSING

Councillors prepare to receive 2016 homeless count results

Matt Kieltyka
Metro | Vancouver

Vancouver city hall will learn the results of its latest homeless count Tuesday but the need for more social housing is already clear.

Councillors will be briefed on the second part of the city's 2015 Housing and Homelessness Strategy report card on Tuesday, which will include the results of the city's 2016 homeless count.

The 24-hour count is designed to give council a snapshot of the homeless population.

Last year's count saw 488 people sleeping on the city's streets (down 48 from 2014) and 1,258 sleeping in shelters (down nine).

The minimal decrease was seen as disappointing given the huge efforts the city has made to curb homelessness since 2008.

Vision Vancouver Coun. Kerry Jang believes homelessness is back on the rise throughout British Columbia, with more young people and women being forced to live on the street.

"The demographics have changed. It's like we have a new generation of homeless. It's not just a Vancouver problem, you're seeing it in homeless camps in Victoria, Maple Ridge and Abbotsford," said Jang. "Good or bad, I want to see the (2016 homeless count) data, look at the demographics and find out who is on the streets."

12,464

The number of single room occupancy and non-market units available for social housing.

Part two of the city's housing report card — focusing on low-income housing and homelessness — says demand for support housing currently "outpaces supply," despite partnerships with BC Housing and the Streetohome Foundation to build more than 1,400 new units since 2010.

The homeless rate "would most certainly be higher" without those units, according to the report card.

Vancouver has a 30-year plan to replace existing Single Room Occupancy units with modern self-contained social housing.

Total SRO and non-market units for singles stock (most of which rent for $375 a month) has increased to 12,464, from 11,772 in 1994. The city has also increased the number of shelter beds available while permanent low-income housing comes online.

"For housing, we're barely keeping our head above water," Jang said of the progress to date.

Part one of the report, focusing on housing affordability, was released earlier this month.

While Jang said the solution is much more complex than simply providing housing, the city has pinned its hopes on a recent proposal to senior levels of government.

Vancouver has committed 20 sites for the development of 3,500 new unites of affordable housing, representing $250 million of city-owned land.

Jang said it is the biggest proposed investment in social housing ever made by a city in Canada, but they're still awaiting official responses by the provincial and federal governments.

Google Crow-m, the map that tracks aerial attacks

NASTY NESTERS

Over 400 users flock to report their encounter on 'CrowTrax'

David P. Ball
Metro | Vancouver

An online map that's collecting cautionary tales of swooping, cawing and clawing attacks by crows has "beaked" the interest of more than 400 Vancouver residents, a Langara college instructor said.

Since the CrowTrax website launched in April, the Pacific Northwest region's crows have entered prime nesting season, according to the Audubon Society, during which the birds are especially protective of the three to six eggs they laid in late April and throughout May.

"We didn't really expect it to take off the way we did," mused one of the website's creators, Rick Davidson.

Davidson, a telecommunications engineering technologist, is teaching a Langara course in Geographic Information Systems (GIS) alongside fellow continuing education instructor Jim O'Leary.

"A month ago we had somewhere around 100 reports," he said, "and last time I checked three days ago there were around 430. We still have to comb through the data, we can only guess which ones are legitimate reports or not — it is a social media site, after all."

Davidson said that they've improved on the originally released map by allowing users to select a "heat map" feature that highlights the highest intensity areas.

The CrowTrax online map of crow attacks has more than 400 reports, and allows users to view "heatmaps" of the worst areas. COURTESY JIM O'LEARY AND RICK DAVIDSON/LANGARA COLLEGE

Those include Vancouver's West End, the Granville Bridge, and Kitsilano Beach.

Crows are back in the spotlight since a bizarre incident last week when a well-known fixture of the East Vancouver bird scene, Canuck the Crow, momentarily picked up a knife in its beak from the scene of a burning car, where police shot a suspect in the leg.

Among the more harrowing tales on the website, one West End user said a crow "Put claws on my head." Along the False Creek Seawall, a bicyclist "heard scratches on my helmet." In East Vancouver, one user reported being chased for five blocks, another whose two-year old child was allegedly bitten on the hand.

But users also reported on crafty crow-avoidance strategies being deployed across the region. In New Westminster, for instance, a user posted, "I carry an umbrella when I walk along here." A Burnaby resident, meanwhile, said they fed crows "through the winter so they don't attack me."

> **"I checked three days ago and there were 430 reports."**
> Rick Davidson

Others, however, appear to have misunderstood how to use the service, with one report roughly 750 kilometres south of Ghana in west Africa. That crow was allegedly a repeat offender.

"Swooped down to my head twice," said the person reporting the mid-ocean attack. "May be a nest in a chestnut tree they were protecting."

One user reported a run-in at the heart of crow-attack hot zone Stanley Park — which was in fact an owl attack. "I know, not a crow but it swooped from behind and clawed my head," the report claimed. "Didn't draw blood but scared me silly."

Davidson said that he and O'Leary have considered one day "extending our little project" to other urban animal sightings.

"But you have to draw the line," he said. "If it's rat reports, you wouldn't want to have that without quality control."

IN BRIEF

Climate change raises risk of massive flooding

A new study says the risk of a devastating flood in British Columbia's Lower Mainland is increasing due to rising sea levels and other impacts of climate change.

The Fraser Basin Council says a major flood along the coast or the Fraser River could be the most costly natural disaster in Canadian history, with potential losses of about $32 billion. The group says in its report that flood risks are projected to worsen over the next 85 years, both in size and frequency.

The report notes dikes in the Lower Mainland were constructed in the 1970s and '80s, that 71 per cent of those assessed could fail if either the Fraser River or the coast floods and that only four per cent of the barriers meet provincial standards for crest height.

THE CANADIAN PRESS

100 thermometers' worth of mercury spills at beach

A hazardous materials team in Vancouver has cleaned up a spill of mercury near a popular beach. Silvery beads of the liquid metallic element were spotted along the sidewalk near the bathhouse in English Bay late Sunday.

Battalion chief Peter Bridge of the Vancouver fire department says there's no indication where the mercury originated, but it was vacuumed within hours. The spill covered an area about three metres by eight metres, equalling the amount found in about 100 thermometers.

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Diamond-encrusted eagle stolen

RON SHORE/THE CANADIAN PRESS

CRIME

Gold sculpture with 12.72-carat emerald is worth $5M

A solid-gold eagle sculpture encrusted with 763 diamonds and worth millions of dollars was stolen from its owner during a violent robbery in suburban Vancouver.

Acting Sgt. Sarah Swallow of the Delta Police Department said the robbery happened on a street in the community of Ladner at about 10 p.m. Sunday.

"I'm not sure whether he was transporting it or what," she said, referring to the owner of the eagle.

Swallow said in an interview Monday that police are still working on a description of the suspect or suspects and are interviewing witnesses.

"It's definitely a very high-value robbery, and we'll be looking into the circumstances around that."

The Maltese Eagle, which stands about 30 centimetres and weighs more than eight kilograms, is touted by its owner as the world's largest sculpture of its kind, with a value of about $5 million.

The eagle's head is covered with diamonds weighing over 53 carats, and sitting at its feet is an emerald called the Atocha Star, weighing 12.72 carats.

Ron Shore, who owns the eagle, didn't want to release specific details about what happened during the robbery but said he was badly injured.

"It was extremely traumatic, basically something out of a movie scene. It was crazy," he said in an interview.

He deferred any other questions about the robbery to police. The eagle had been on display for four days at Art Vancouver, which showcased the work of dozens of artists from around the world.

Shore said he's travelled to several locations displaying the eagle with the goal of raising money to fight breast cancer. He said he hoped to eventually sell it for the cause close to his heart. THE CANADIAN PRESS

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TRANSLINK

ECONOMY

Workers can't afford homes amid job boom

Kala Vilches always knew she'd have to leave Vancouver if she wanted to buy a house.

Three years ago, the fashion design graduate was working as a product developer at Lululemon, earning a good salary and living in what she calls "the best Canadian city for fashion." But she was also paying $900 a month in rent, saving little and saddled with student debt.

"I was a salaried employee living in a tiny bachelor apartment with a view of a parking lot," she said.

"I kind of knew that I would have to, at some point, leave Vancouver if I wanted to own property. I just knew what the market was like. That was kind of always in my mind, even though I did end up getting, pretty quickly after I graduated university, a good job."

> **If I move back to Vancouver, I have to make sacrifices, and that would be not owning property, maybe ever.**
> Kala Vilches

Despite the fact that her industry was booming in Vancouver — in addition to Lululemon, Arcteryx and Mountain Equipment Co-op have head offices in the city — Vilches decided to move to Calgary. She got a job at FGL Sports in 2014 and has since paid off her student loans, bought a car and started building her RRSP.

The 29-year-old's experience is familiar to many young professionals in British Columbia. The province, led by Metro Vancouver, topped the country in job creation last month, with year-over-year employment growth reaching a stunning 4.9 per cent compared to the national gain of 0.8 per cent, Statistics Canada says. Despite the jobs boom, many young workers getting hired still can't afford to live in the city, observers say.

"I'd love to move back to Vancouver because that's where my industry is biggest," said Vilches. "But if I move back to Vancouver, I have to make sacrifices, and that would be not owning property, maybe ever. And that's a really big sacrifice for me because that's something that I want."

Bryan Yu, a senior economist at Central 1 Credit Union, said the number of jobs in professional, scientific and technical services — including fashion design — grew about four per cent over the past year in B.C. Health care and social assistance grew 8.1 per cent, while information, culture and recreation, a category that includes Vancouver's growing technology sector, expanded 12.6 per cent. THE CANADIAN PRESS

Kala Vilches, a clothing designer for FGL Sports, poses at the FGL Sports offices in Calgary. MIKE RIDEWOOD/THE CANADIAN PRESS

Bagpipes, fire trucks and Meat Loaf — oh my?

AUCTION

Provincial government hawking a real motley

David P. Ball
Metro | Vancouver

If you're pining for your very own red fire truck, or can't track down your copy of Meat Loaf's seminal 1970s hard rock album Bat Out of Hell, look no further.

The B.C. government is happy to get them off its hands, going to the highest bidder ($10,000 and $0.50, respectively, at time of publication).

The B.C. Auction website, operated by the province's Ministry of Technology, Innovation and Citizens' Services, turns 12 this year. It bills itself as "used surplus government assets with bidding access to anyone who has access to the Internet."

Among those assets are the mundane — government office furniture and construction equipment — and the bizarre, often the possessions of deceased British Columbians whose estates are being managed by the province.

One such item is a set of bagpipes ("Operational Condition: Unknown — Not Tested," notes the website).

Another estate sale item is a collection of 42 books, including the titles "Sh*t My Dad Says" and Conservative Party leadership hopeful Kevin O'Leary's "Cold Hard Truth."

The police are another source of items up for sale, with a number of vehicles available.

Meat Loaf's album Bat Out of Hell is among the offerings up for auction on the B.C. Auction website. COURTESY B.C. AUCTION

> **British Columbia is a leader in the protection of electronic data.**
> B.C. Auction website

It's not just objects of curiosity up for offer, however. The B.C. Auction website also promotes a government-offered service: shredding sensitive documents and even computers and phones.

"Did you know that simply erasing or sanitizing your electronic media does not guarantee that all of your private information is non-retrievable?" the government program's website states.

"British Columbia is a leader in the protection of electronic data and has two media shredders that destroy electronic media beyond recovery."

B.C.'s ministry of Technology, Innovation and Citizens' Services was unavailable for comment on Monday afternoon.

As for the fire engine — a 2,000-litre 1996 Spartan Gladiator Pumper Truck — the website warns bidders they can't just drive it off the lot.

"It is the successful bidder's responsibility to obtain any and all permits required to operate and/or transport a fire truck," it notes.

GAME OF THRONES

Winter comes to tavern

Wanyee Li
Metro | Vancouver

About 80 people stared intently at three TV screens at Storm Crow Tavern Sunday night as the announcer counted down the seconds to the week's Game of Thrones episode.

"Three, two, one ... meow, meow, meow!" The crowd then meowed along enthusiastically to the theme song of the hugely popular TV show.

It's a tradition that has been solidified over the past three years at Storm Crow Tavern (1305 Commercial Dr.) and Storm Crow Alehouse (1619 West Broadway) every Sunday as eager fans get their Game of Thrones fix.

"Usually we're full several hours before the showing," said Sarah Hooper, general manager at the tavern. "Sometimes we've got a line around the block."

One member of the audience at this Sunday's showing was Eva Butterly, an actress who had a minor role in this week's episode. (She plays Margaery Tyrell's character in a theatre troope in Braavos in the Arya story arc).

"It's amazing to get support from people that you don't know who are all connected with a crazy TV show that seems to bring fans together," said Butterly, a Vancouverite who is originally from Ireland.

"I personally don't have a TV at home," she said. "It's the only bar in Vancouver that plays the episodes."

Hooper acknowledges it can be difficult for people to access the show legally, since many aren't HBO subscribers.

"We try to help," she said.

The restaurants stagger showings on Sundays — 6 and 8 p.m. at the Tavern and 7 and 9 p.m. at the Alehouse.

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The man who saved Anzac

Return to FORT MAC

Community was considered safe, but it was overrun

Ryan Tumilty
Metro | Edmonton

The fire that consumed Fort McMurray has often moved at breakneck speed, pushing into neighbourhoods and overwhelming firefighters. It has jumped fire breaks, crossed rivers and burned through areas considered safe.

Anzac, the tiny hamlet south of Fort McMurray had been a safe haven for evacuees, but in just a few hours on May 4, the community was nearly overrun.

When the community needed to exit in a hurry it was Dale Bendfeld, who made the call and evacuated 450 people in three hours.

For McMurray fire chief Darby Allen, has repeatedly rejected the label of hero for himself, but he was eager to label Bendfeld, the community's director of protective services, as one.

"We didn't think there was a fire in Anzac that night and we found out in a hurry that there was," said Allen at a news conference earlier this month.

Allen gives full credit to Bendfeld for getting people out of that community in time to avoid any loss of life.

"With a couple of people and a flashlight he evacuated 450 people in two hours, that is true heroism," said Allen.

Bendfeld, not surprisingly, downplays his role.

"It's not just me and this flashlight. It is about everybody coming together and getting people out," he said.

Bendfeld does agree with Allen that the fire's move toward Anzac caught people by surprise. The community is 50 kilometres from Fort McMurray and Bendfeld said he drove over just to discuss the possibility of an evacuation in the days ahead, but when he arrived he knew it couldn't wait.

Evacuees look on as the wildfire approaches Anzac, Alta. The community had to be evacuated in a rush. KEVIN TUONG/FOR METRO

Dale Bendfeld
METRO

"The whole horizon was nothing but smoke and flame," he said.

Bendfeld said they had to move past bringing in transit buses and getting all the resources they could to move 450 people.

"Within the three hours it was already in the back yards of some of the homes," he said. "You could see the flames already in the community."

In Anzac that night and throughout the crisis, Bendfeld said people just did what had to be done. He said none of what has gone on would have been possible without people eager to work together.

"A lot of community spirit helped that," he said. "People were taking care of neighbours and that was phenomenal."

WILDFIRE

2,000 can't go home until fall

Alberta Premier Rachel Notley says up to 2,000 evacuees expecting to move back to their homes in fire-damaged Fort McMurray this week will not be able to do so until possibly September.

She says more than 500 homes and about a dozen apartment complexes that escaped a wildfire earlier this month in three otherwise heavily damaged neighbourhoods are not safe to be lived in yet.

She says that conclusion was reached with health experts following tests on air, soil, ash and water

"Unfortunately, I have to report today that the outcome of these tests indicates that undamaged homes in certain neighbourhoods are not immediately safe for reoccupation," Notley said Monday.

"More than 500 homes that were not damaged by fire have been determined to be unsafe for habitation at this time."

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WINNIPEG

Ducks' tale has a happy end

Shane Gibson
Metro | Winnipeg

Talk about some lucky ducks.

A group of newly hatched ducklings that got stuck after falling into a sewer in St. Vital, Winnipeg, over the weekend have been reunited with their mother thanks to a group of neighbours and the Wildlife Haven Rehabilitation Centre.

The neighbours called the local wildlife rescue organization after noticing the mother duck working frantically to free her ducklings from a sewer drain.

By the time a Wildlife Haven Rehabilitation Centre volunteer got out to the scene the growing group of neighbours had managed to free all the ducklings from the sewer drain, but there was a new problem — the mother had flown the coop.

After having no luck searching for mom, the baby ducks were packed up into a box to be taken back to Wildlife Haven.

But at the last second momma duck returned, so after quite the adventure, the ducklings hopped out of the box and marched off dutifully behind their mother.

MONTREAL

Protesters were misguided: Owner

The co-owner of a boutique grocery store in a gritty Montreal neighbourhood that was robbed by mask-wearing protesters in a smash-and-grab raid says they were misguided in their actions.

About 30 people clad in black clothing stormed the premises on the weekend, stole thousands of dollars worth of goods and stuck anti-gentrification stickers on the windows.

The group fled before police arrived, throwing objects at the store front and at nearby cars. As of Monday afternoon, no arrests had been made.

At the time, only a young female employee was in the store, which is called simply 3734 and is located in the west-end neighbourhood of Saint-Henri.

"They terrified a girl who works so hard and who hasn't always had the easiest life," co-owner Maxime Tremblay said in an interview.

"I don't see how that's going to help spread their message."

Tremblay said it didn't make sense for protesters to target 3734 as he and his co-owner don't own the building.

He insists the small business is involved in the community, buys and sells lots of local products, keeps the neighbourhood's needs in mind and offers affordable as well as luxury goods.

Co-owner Maxime Tremblay is seen in his boutique grocery store on Monday.
PAUL CHIASSON/THE CANADIAN PRESS

Gentrification has been a heated topic in Saint-Henri for years. Multiple shops on the same street as 3734 were targeted in a similar fashion a year ago.

According to Shannon Franssen, the co-ordinator of local organization Solidarite Saint-Henri, gentrification has become particularly problematic now that it is affecting an area that has historically been very poor.

"A lot of locals don't recognize their neighbourhood, they don't feel at home anymore," she said. THE CANADIAN PRESS

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An 'Iron Dome against hatred'

HAND IN HAND

School brings together Israeli and Palestinian children

Hand in Hand runs six schools, boasting some 1,320 Jewish and Arab Israeli students. CONTRIBUTED

The news from Israel is often bad: attacks on Jews by young Palestinians and reprisals by Israeli forces. Expanding settlements in the West Bank. Escalating fear and hostility. Plummeting prospects for peace.

But a group of dedicated educators is working to bring the two sides together — not at the bargaining table, but in the school room.

"We're giving hope where leaders have failed," says Mohamad Marzouk, director of the community department for the bilingual and bicultural Hand in Hand schools.

"A kindergarten child goes to an Arabic or Hebrew school and never experiences the existence of children on the other side. This ignorance of the other creates mistrust and fear," he says.

Marzouk and Rebecca Bardach, Hand in Hand's director of resource development and strategy, are in Toronto on a tour.

"Hand in Hand is my Iron Dome against hatred," says Bardach, referring to Israel's missile defence system. "I can't change what is happening politically, or the minds of people who hate each other. But I believe we can overcome that sense of helplessness with understanding."

Hand in Hand, boasting some 1,320 Jewish and Arab Israeli students, and a lengthy waiting list, was founded in 1998 with one school in Jerusalem. It has now expanded to six.

The security wall between Israel and the Palestinian territories is physically and psychologically divisive, says Bardach. But the two separate language streams of the Israeli school system are a "huge contributing factor" to mutual misunderstanding between Jews and Arab Israelis.

"Children aren't growing up learning about differences, what we have in common and building common ground," she says.

Not so in Hand in Hand schools, where children are taught by Hebrew and Arabic-speaking teachers.

They partner with children who speak the other language, and study together. They also learn the missing links in mainstream curriculums — the other's religion, culture, food, daily life and history. Elements that allow them to see their counterparts as fellow humans rather than enemies.

Outside the classroom they play together, picnic together and celebrate each other's holidays.

They and their parents have weathered nearly two decades of anger, violence, war and political outbursts in the world around them, including a 2014 firebombing of the Jerusalem school by Jewish extremists.

The traumatic event shook parents and children. But they were helped through it by the school's tradition of unflinching dialogue on the events around them.

The success of the Hand in Hand community has led to expansion, but on a shoestring. Its $9 million-a-year budget is financed by the Israeli government and private donations. Scholarships are available, but fees are $1,200 a year. "Not easy to afford" in Israel, Bardach admits.

Both she and Marzouk believe it's worth the investment, and each has enrolled their own children. TORSTAR NEWS SERVICE

CINCINNATI ZOO

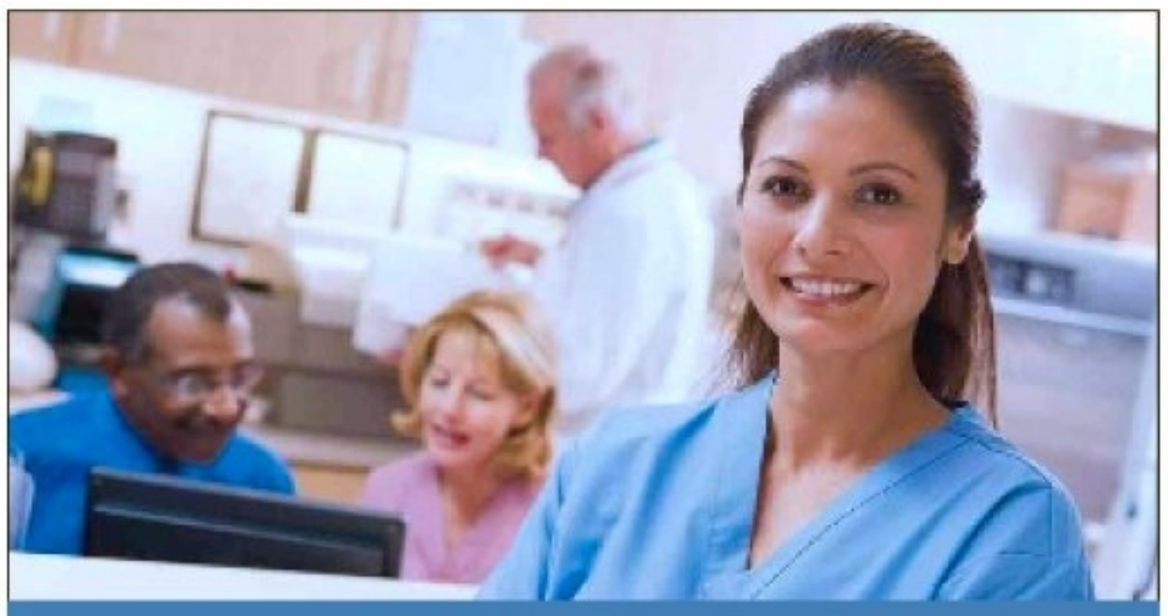
Advocates criticize gorilla killing

Dozens of animal rights advocates and others held a Memorial Day vigil at the Cincinnati Zoo in remembrance of a gorilla that was fatally shot to protect a four-year-old boy who entered its exhibit.

The male western lowland gorilla named Harambe was killed Saturday by a zoo response team that feared the boy's life was in danger.

Anthony Seta, an animal rights activist in Cincinnati, called the death "a senseless tragedy" but said the purpose of Monday's vigil wasn't to point fingers. Rather, he said, it was a tribute to Harambe, who turned 17 the day before he was shot.

People have taken to social media to voice their outrage about the killing. A Facebook page called "Justice for Harambe" was created Saturday night, along with online petitions and another page calling for a June 5 protest at the zoo. THE ASSOCIATED PRESS



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EQUALITY

Transgender teens fearful

When Lucas Rixon has to go to the bathroom, the guys know what to do. They come with him, no questions asked.

Sometimes they enter the facilities too. Sometimes they stand sentry at the door. At any public place in Greenville, N.C., two or three straight cisgender teenagers turn into bodyguards for their transgender buddy.

"Because they're terrified for me," Rixon, 17, said over the phone. "And I'm terrified for myself." He has felt particularly endangered since March. That's when his trips to the toilet became the subject of a state uproar and then a national uproar.

A gender neutral sign is posted outside a bathroom in Durham, N.C., on May 11. GETTY IMAGES

Communities across America are suddenly in the grips of emotional battles over whether transgender people, especially students, should be allowed to use bathrooms that match their gender identity. Once a little-noticed sideshow to seismic fights over gay and lesbian rights, the bathroom wars have sprung to the fore as other disputes have faded and transgender advocates have become more visible and more vocal.

Social conservatives have lost clash after clash during the Obama era. In school bathrooms, they have found an issue on which they can win. At least temporarily.

Acceptance of transgender people lags far behind acceptance of gays and lesbians. Polls suggest a slight plurality of Americans, about 45 per cent, thinks people should be forced to use the bathroom corresponding to their sex on their birth certificate.

The Christian right found a model for victory last year in Houston. Seeking to repeal a city anti-discrimination law that prohibited discrimination the grounds of sexual orientation and gender identity, conservatives ran a fear-mongering referendum campaign focused on the slogan "no men in women's bathrooms." They prevailed.

Seeing opportunity, Republicans have this year pushed "bathroom bills" in more than 15 states. North Carolina is the only state to pass one so far.

Social conservatives continue to insist that nobody is truly transgender, that tens of thousands of teenagers like Rixon are just "searching." Tanya Ditty, Georgia state director of the evangelical group Concerned Women for America, said discarding your birth sex is akin to "erasing what a loving God has designed."

The Obama administration issued a letter implicitly threatening to deny funding to school districts that don't let transgender students use bathrooms matching their gender identity. Eleven Republican-led states are now suing, arguing that the directive "has no basis in law." TORSTAR NEWS SERVICE

Debt affects mental health

STUDENTS

Schools beefing up services for those impacted

Many of this year's new post-secondary graduates have left the academic world carrying tens of thousands of dollars in debt. Meantime, those heading to college and university this fall will soon contend with steep tuition rates that often result in a similar burden.

While schools attempt to lessen the load by offering financial aid, average student debt appears to be climbing. So some institutions are also responding by beefing up their mental health services to help students cope with life in the red.

"We're worried about one type of debt — student debt — and we want to know how to pay it off as quickly as possible," said Dillon Collet, who is about to enter his final year at the University of Toronto's faculty of law and sat on the dean's advisory committee on financial aid.

The committee organized a financial aid workshop that discussed the psychology of debt. It was well-attended, Collet said, with about 60 students in the room and a lineup outside.

Estimates suggest average student debt in Canada is past the $25,000 mark.

In 2013-14, graduates finished school with an average of $12,480 in federal loan debt, according to numbers from the Canada Student Loans Program.

However, that figure doesn't include provincial or private loans. The Canadian University Survey Consortium surveyed more than 18,000 graduating university students from 36 Canadian universities for its 2015 annual report. The average debt-ridden student owed $26,819.

Such a debt load can have an impact on a student or graduate's mental health, though only a small amount of published research exists on the apparent link.

> **We're worried about one type of debt — student debt.** Dillon Collet

A 2015 journal paper analyzed data from a U.S. Bureau of Labour Statistics survey of more than 8,000 youth in the United States — where tuition fees are significantly higher than in Canada — to determine if debtload and psychological well-being were connected.

"Students who took out more student loans were more likely to report poor mental health in early adulthood," said one of the paper's authors, Katrina M. Walsemann, an associate professor at the University of South Carolina.

Canadian experts have also noticed a link, even though Canadian students don't generally go into as much debt as their American cohorts.

Jillian Yeung Do, York University's director of student financial services, witnessed it while working with a student. While she couldn't provide much detail for privacy reasons, she said she became really concerned about a student.

"After that encounter, I decided that it would be a good idea to … be trained in having these conversations with students," she said.

THE CANADIAN PRESS

The average debt-ridden student owed $26,819, according to Canadian University Survey Consortium. Such a debt load can have an impact on mental health. ISTOCK

IMD

Canada down in competitive ranking

A plunge in commodity prices hurt Canada as it fell to 10th place in the latest rankings of business competitiveness by the IMD World Competitiveness Center, its worst position in several years.

The Swiss-based group, part of the IMD business school, ranked Canada in fifth place last year.

The drop came as the downturn in commodity prices hits the economy hard and dragged down its ranking in several key categories for economic growth.

"I think most of the major issues that originated the drop in the ranking are external to Canada, something that is out of the control of policy-makers at the moment," said Jose Caballero, senior economist at the IMD World Competitiveness Center.

The rankings, which judge a country's ability to create and maintain an environment that helps businesses remain competitive, are based on both statistical data as well as an executive opinion survey. THE CANADIAN PRESS

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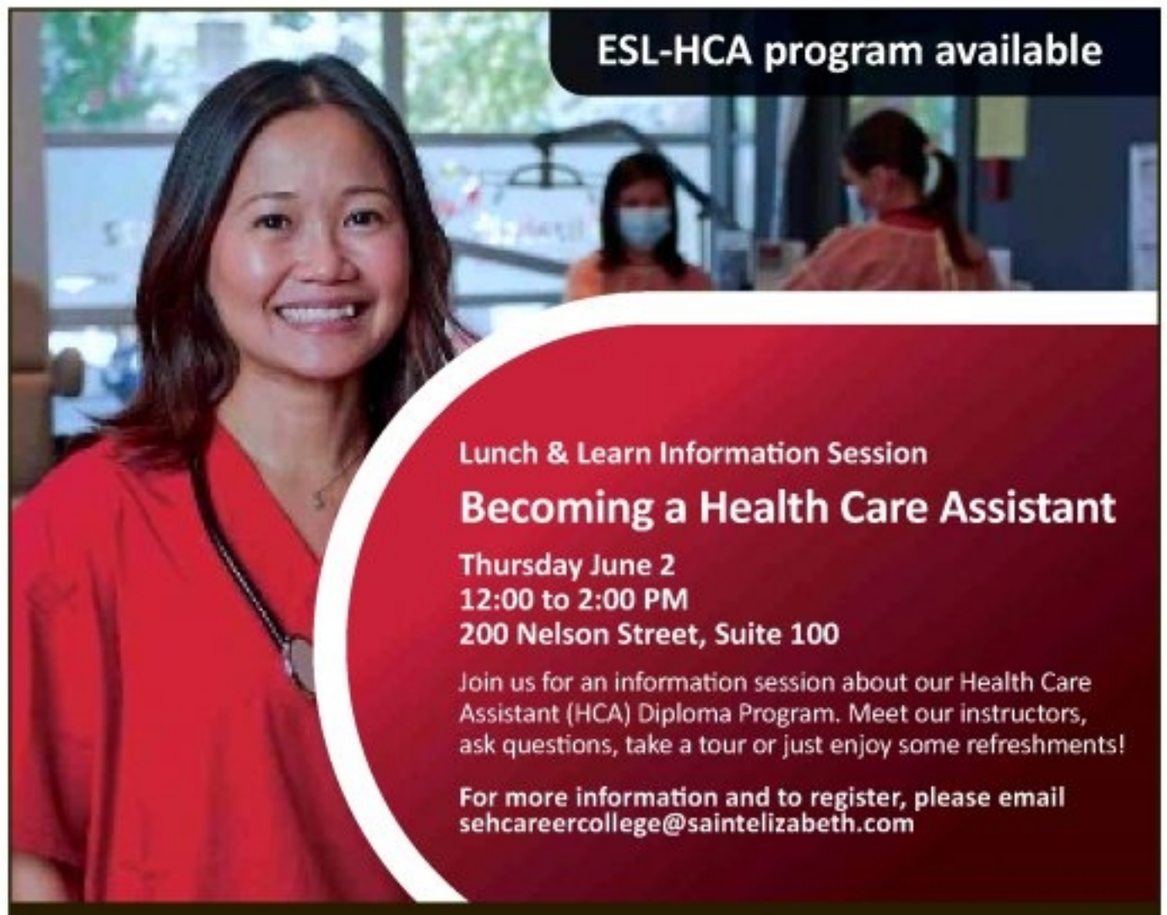
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Tuesday, May 31, 2016

ROSEMARY WESTWOOD

ON THE TORIES' NEW POLICY DIRECTION

The low support for banning gay marriage underlines two facts, one hopeful, and one troubling: Most Canadians, even the religious, appear to have moved on. And yet, a sizable portion refuse to.

I think it's safe to say people generally find other people confounding, perhaps especially their beliefs. Relevant to today: the belief that same-sex marriage is wrong.

This weekend, watching Conservatives celebrate their party's move towards the Canadian consensus on same-sex marriage felt like time travel. It'd been so long since anyone seriously debated it that I hardly remembered an anti-same-sex-marriage stance was still in their party platform. The apparently dramatic, emotional vote during the Conservative's Vancouver convention led to many odd questions. Hadn't we settled this a decade ago, both through numerous court rulings and the passage of the Civil Marriage Act? And hadn't that been too long in coming as it was? So how could such a move, then, bring some to tears?

Fully 70 per cent of Canadians support same-sex marriage, according to a 2015 Forum Research poll, while only 22 per cent disapprove. That's less than the number of Catholics in the country (38.7 per cent of the population), never mind the myriad of other faiths that may traditionally object to LGBTQ rights. The low support for banning gay marriage underlines two facts, one hopeful, and one troubling:

While I wanted to be offended that Conservatives could congratulate themselves at being 10 years late, I find myself fostering a sense of wary support.

Most Canadians, even the religious, appear to have moved on. And yet, a sizable portion refuse to.

Those are the people like MP Brad Trost, who has made a name for himself by opposing the new position at the convention. He dubbed it an effort to turn the Conservative Party into "Liberal light."

Last year, a National Post story wondered about the future direction of the party with the political capital of social conservatism "seemingly spent." The article suggested that instead of taking now widespread practices, like abortion or same-sex marriage, head-on in the courts or the House of Commons, conservatives were going to fiddle at the edges and work in "churches, charities and other civil institutions where they hope to shift the culture from within."

As we've seen in the U.S., working at the fringes can be extremely successful. Abortion services are being wiped from the south not through official anti-abortion policies, but through activism that has the same net effect.

And so, while I wanted to be deeply offended that Conservatives could congratulate themselves so heartily at being 10 years late to recognizing the rights of some Canadians, I find myself instead fostering a sense of wary support.

This surely is a sign of change among some, and that is good. But what of the hardline holdouts, those 22 per cent of Canadians who still opposed gay marriage? For them, this isn't over yet.

Metro POLL

The Conservative same-sex pivot

The Conservative convention in Vancouver began last Thursday with Stephen Harper saying his formal goodbye, and ended on Sunday with the party having decided it was time to drop its opposition to gay marriage. Coincidence? Who can say? We asked, "Does the Conservatives' move to support gay marriage change your opinion of the party?" Here's how you responded:

53% No. This is just window-dressing. I still don't trust them.

16% Yes. It's not enough for me to support them, but I appreciate the gesture.

14% No. I was with them before and I'm still with them.

9% Yes. This decision makes me lose respect for the party.

8% Yes. I'd consider voting for them now.

It's a step in the right direction, but it's also an insult that the step is so small.

They have just lost a faithful supporter!

Leopards can't change their spots. Too little too late.

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HAVE YOUR SAY

For a unique view on Trump, talk to a Canadian living in Florida

URBAN COMPASS
Petti Fong

Even after 20 years in Florida, Franco Micchiche is still Canadian enough that he hesitates politely when asked for his thoughts on the American political scene.

"You're talking about Trump, right?"

With each victory the presumptive Republican candidate racked up over the last few months, there was also a spike in the number of Americans claiming they'd move to Canada if a Donald Trump presidency looked likely.

Canadian immigration lawyers reported increased queries, and MapleMatch.com, the dating site set up to save Americans from the "unfathomable horror of a Trump presidency," is up and running.

And now Micchiche is considering up and running too.

Here in Florida, voters know they will once again play a key role in the November U.S. presidential election.

And sun-seeking Canadians, who are neighbours to many Americans in the state, have a role to play too.

Canadians living in Florida will definitely not cast the deciding vote but don't rule out their influence, says Micchiche, who runs an antique store off the highway near Key Largo with his girlfriend.

"I've gotten it from both ends. Being a Canadian in Florida, I sure heard a lot of Rob Ford jokes a couple of years ago. Now Canadians here are getting back with Donald Trump jokes."

Micchiche says that, with Rob Ford, there was always an awareness, even at the height of Ford's troubles, that the joke was not going to last forever.

Micchiche's girlfriend, Wendy Hewitt, an American who once sat in a room with Trump, says Ford was a man of the people, a rebel, and deeply flawed.

"But he was never mean-spirited or malicious. Donald Trump is not a man of the people and he's very flawed but somehow the joke is on us because of how far he has gotten," says Hewitt, a former telecommunications trainer who helped co-ordinate Trump on a conference call that lasted two days.

Seeing the way Trump treated her and others around him convinced her of the man's narrow-mindedness.

"We're listening to our Canadian friends a lot more these days. When they ask us, 'How is it possible that this man could be your next president?' many of us are sitting back and thinking the same thing," says Hewitt.

Still, there are others, including some Canadian customers, who have praised Trump.

That's their way, Micchiche reckons, of reminding their snowbird neighbours that they can always go back home again.

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Researchers find link between "alcohol identity" on social media and problems with drinking.

In taking this one-week no-creeping experiment further, I had avoided not only my ex, but also the social media accounts of my friends.
Ofelia Legaspi

Ofelia Legaspi says many of the misunderstandings in her failed relationship stemmed from her social media creeping. Now wiser, she proposes having a mutual agreement to block your partner on social media. TORSTAR NEWS SERVICE

Cyber creeping: A gift and curse

PERSONAL ESSAY

A breakup calls for a social media detox but at what cost?

Ofelia Legaspi
For Torstar News Service

For one week, I quit cyber-creeping.

Fine, I'll back up a step. Let it be permanently known, in the annals of the easily searchable Internet, I once, out of youthful indiscretion, "creeped" the World Wide Web.

To me, this was never an issue. I see Facebook, Twitter and Instagram as an ecosystem of mutually nourishing connections. Memes give my mundane Mondays meaning.

I can feel less guilty about not checking in with family for weeks at a time because they at least know I'm eating well from the looks of my Instagrammed salad. Social media is a beautiful thing — but, one day, I wanted nothing to do with it.

It all started when, five days before moving in with my boyfriend, he and I called it quits. Naturally, it happened at a wedding (open bar, vows encompassing one's lifetime).

My ex belongs to a curious sector of millennials who don't have Facebook. Instead, he opts for Twitter. Over the course of our relationship, I couldn't help but read into his tweets, feeling there were "subtweets" about our arguments.

To add insult to injury, I scrutinized every person he followed, wondering if they were someone a respectable professional and/or committed man would follow.

I could have asked him, sure. But because I covertly obtained this information, I feared bringing it up lest I be accused (quite accurately) of creeping.

And so, after our breakup, I knew what I had to do: block him on Twitter.

The medium, for me, was like having a superpower and, like many gifted fictional characters, I had come to learn this gift could be a curse.

For once, I didn't want to know what was on my ex-boyfriend's mind, or comb through our tweets from better times. I just wanted to heal without the 140-character assault of nostalgia eroding what flimsy progress I made.

And, by kicking the creeping, I realized that many of the misunderstandings in our relationship had been because of the knowledge, however unreliable, I'd gleaned from his tweets — knowledge I'd burdened myself with. Instead of coming to me, he would take to Twitter.

Instead of coming to him, I would parse his tweets for subtext.

Our lack of communication and the passive-aggressive way we had dealt with our frustrations had rendered our relationship doomed from the start.

However, in taking this one-week no-creeping experiment further, I had avoided not only my ex, but also the social media accounts of friends.

And I did miss the multimedia experience of connecting with people who I didn't wish to quit: the illustrated updates of my friends' meals ("I've perfected the tri-berry smoothie!"), Soundcloud links to someone's hour-long take on The Hateful Eight and photos of my proliferating clan's pink little newborns.

Cyber-creeping isn't always a pleasant journey, but it is always life-affirming. Without lifelines like my lifestyle bible, Instagram, I found it hard to launch my butt from bed to barbell bench because I felt alone in my struggles to be healthier.

I found that I mostly creep to get out of my head and affirm my shared journeys with others.

My colleague suggested something curious and a bit extreme that I want to leave you with: have a mutual agreement with your partner to block each other's social media accounts. It's an insane idea.

And it just might be crazy enough to work.

I found that I mostly creep to get out of my head and affirm my shared journeys with others

CORRECTION NOTICE

The advertisement for *J&M Coin & Jewellery* that ran on *May 27th* was incorrect.

Our apologies to *J&M Coin & Jewellery* and their customers for this mistake.

JOHANNA SCHNELLER WHAT I'M WATCHING

The one big question of Game of Homes

THE SHOW: Game of Homes, Season 2, Episode 2
THE MOMENT: The kitchen fight

Who wants a house built in too little time by exhausted amateurs, asks Johanna Schneller. CONTRIBUTED

With the clock ticking, proudly Italian best friends Dom and Michael argue about wainscoting. "Do you want it centered to the window?" Dom, the little one, asks.

"Measure the space!" Michael, the tall one, barks.

"So you want it centered to the wall?" Dom asks.

"I want you to do it right!" Michael yells (among other colorful phrases, which are bleeped).

"Talk English, ya f—ing bird!" Dom shouts. "Do it yourself!"

"At least I'll do a good job!" Michael hollers.

Tyler, teamed with his fiancée, Courtney, overhears them. "This is what this will do to you," he says. "You care so much, you freak out."

Yes, Tyler, exactly. The sum total of thinking here — four teams renovate a house; the winning duo gets it — is this: Give people stressful time limits, then watch them stress.

It sure doesn't teach me how to renovate properly; experts help behind the scenes. It doesn't show me how to critique taste: No matter who wins, the others spout, "The judges are wrong."

As with all reality shows, the appeal is the characters: You root for the team you decide to like. Here you can decide immediately, because there's no character development. Do you feel bad for Alex, the only skilled workman, and his helpless mum Shelley? Do you enjoy Dom and Michael's chippiness? Kim and Harry's over-ambition? Do you care if Tyler comforts Courtney when she cries?

No one, however, asks the question that's plaguing me: Who wants a house built in too little time by exhausted amateurs?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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If your friends take risks, you will too

RESEARCH

Peer pressure very real when it comes to thrill seeking

Why do we sometimes take big risks — like skydiving or moving across the country — and other times play it safe? It could be thanks to our peers, suggests research from the California Institute of Technology that looks at the potentially "contagious" nature of risk taking.

The study looked at how 24 volunteers responded when asked to choose between taking $10 and making a risky gamble with a potentially higher payoff and found that, when the volunteers had previously watched a risk-taking peer, they were more likely to make the risky gamble themselves.

The findings reveal how passively observing others can influence someone's risk-taking behaviour, says Shinsuke Suzuki, a post-doctoral scholar in neuroscience and first author of the study.

So why the contagious effect? It might be because our neural response to risk is changed by watching others, Suzuki says, but it's an open question as to what psychological factors are driving it.

It's worth keeping in mind that this study is small, and it doesn't mean we're totally hardwired to mimic daredevil friends. Still, it does line up with research out of Temple University in Philadelphia, which found people sometimes take more risks when they're around their peers, particularly in their younger years — which probably comes as no surprise to anyone who knows a teenager.

Cognitive psychologist Andreas Wilke, an associate professor at Clarkson University in New York, says modern risk-taking research shows people might be willing to take risks in one area, but not another. In the presence of their friends, men are also more likely to take risks, Wilke notes, and single guys are more likely to make risky moves than coupled-up men. "When heterosexual males are given the opportunity to take risks, they like to advertise potential skills and fitness benefits to others, saying, 'Ladies, I might be a good potential partner to mate with,'" he says.

Our collective desire to take risks stems from humanity being a highly social species. "I might take a risk to impress someone, ... but my judgment of a risk, I might take from my social circle," Wilke explains.

Even something terror-inducing — like bungee jumping or sky diving — might not seem so scary when we're surrounded by peers. "If I see all my close friends get a total joy out of that, I might be more willing to join in," Wilke says. TORSTAR NEWS SERVICE

Ottawa resident Robyn Baldwin, left, is a self-described adrenalin junkie, and says her risky-but-fun pursuits are often done with friends. CONTRIBUTED/TORSTAR NEWS SERVICE

DIVING IN

Pals who skydive together stay together

Ottawa resident Robyn Baldwin is a self-described alpha female and adrenalin junkie, and says her risky-but-fun pursuits — like bungee jumping and zip-lining — are often done with friends.

Last year, alongside a close high school friend and his girlfriend, Baldwin went skydiving for the first time at Skydive Toronto, and says the experience was emotional but "amazingly fun." Taking the plunge was her idea, she says, and she would've gone alone if needed.

Still, Baldwin says risk-taking with friends encourages her to try things she might not be comfortable to do on her own. "It creates more active friendships," she says. TORSTAR NEWS SERVICE

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Spanish basketballer Pau Gasol is considering not playing at the Olympics because of the Zika virus

Jennings ready to lead Lions in 2016

CFL

QB stepped into starting role last year

Jonathon Jennings waits patiently in one of the end zones as the media begins to assemble following a morning practice at B.C. Lions training camp.

At this time last year, the quarterback might already be in the locker-room immersing himself in the playbook or throwing extra routes to receivers on the field, a little-known rookie trying to find an edge in the battle to earn his first pro job.

Just 12 months later, Jennings is the unlikely face of the franchise.

The Columbus native made the Lions in 2015 before rocketing up the depth chart two-thirds of the way through the season after starter Travis Lulay and backup John Beck went down with injuries.

Jennings ran with his opportunity, demonstrating a superior skillset and veteran poise to keep the No. 1 spot once Lulay was ready to return.

Now with a new three-year contract in hand, Jennings is the presumptive starter at his second camp, but he said the increased scrutiny won't be unlike the high bar he set for himself when no one knew his name.

Jonathon Jennings was 3-3 in his six starts last season. STEVE RUSSELL/TORSTAR NEWS SERVICE

"There was pressure last year ... and that was to come out and perform," said the 23-year-old. "If you don't perform in this business then you're going home."

Jennings finished 3-3 in his six regular-season starts for B.C., completing 66 per cent of his pass attempts for 2,004 yards with 15 touchdowns and 10 interceptions before getting injured in the club's playoff loss.

Prior to his breakthrough with the Lions, the Saginaw Valley State product had a couple of NFL tryouts and a workout with the Saskatchewan Roughriders, only to be cut each time.

> **The next step is evolving as a student of the game.**
> Jonathon Jennings

"He's got a tremendous arm, he's athletic, he's smart," said B.C. head coach and general manager Wally Buono. "When you look at all those attributes, you wonder why somebody didn't see that earlier."

Back at that scrum with reporters, the one he never would have been a part of 365 days ago, Jennings reflected on how much has changed for him since the team last convened in Kamloops.

"You're the leader out there," he said. "It's different, but at the same time whether you're a two, three, four, one, whatever you are, you've got to lead the troops ... it's exciting."

THE CANADIAN PRESS

STANLEY CUP FINAL

Pens jump out to early series lead

GAME 1 In Pittsburgh

Nick Bonino scored the winner at 17:27 of the third period as the Pittsburgh Penguins edged the San Jose Sharks 3-2 on Monday night in Game 1 of the Stanley Cup final.

Bonino deposited Kris Letang's feed from the corner after Letang managed to elude the defence of Brent Burns, who lost his stick moments earlier.

Bryan Rust and Conor Sheary gave the Penguins at 2-0 lead in the first.

"I think that we just did a really good job of not trying to feel the game out, especially early," said Pittsburgh captain Sidney Crosby. "Two teams who haven't seen each other in a while, it's Game 1 of the Stanley Cup finals, I think that there's always nerves there. I thought we did a good job of playing and trying to get to our game.

"It gave us a big boost to get that kind of start."

Tomas Hertl and Patrick Marleau found the back of the net for the Sharks.

Matt Murray stopped 24 of 26 shots for Pittsburgh while Martin Jones made 38 saves.

THE CANADIAN PRESS

IN BRIEF

Warriors back in NBA Finals

Stephen Curry and Klay Thompson carried the Warriors right back to the NBA Finals, as Golden State rallied from a 3-1 series deficit to beat the Oklahoma City Thunder 96-88 on Monday night in Game 7 of the Western Conference final.

Curry scored 36 points while Thompson added 21.

The Warriors, last year's champions, return to the NBA Finals for a rematch with LeBron James and the Cleveland Cavaliers.

THE ASSOCIATED PRESS

Mariners rout Padres to snap 3-game losing streak

Kyle Seager's two-run homer in the sixth inning snapped a 2-all tie and Dae-Ho Lee's three-run shot capped a five-run eighth inning to give the Seattle Mariners a 9-3 victory over the San Diego Padres on Monday.

Seattle snapped a three-game losing streak after getting swept at home by Minnesota, the worst team in the American League, thanks to two big innings. The Padres lost for the seventh time in eight games.

THE ASSOCIATED PRESS

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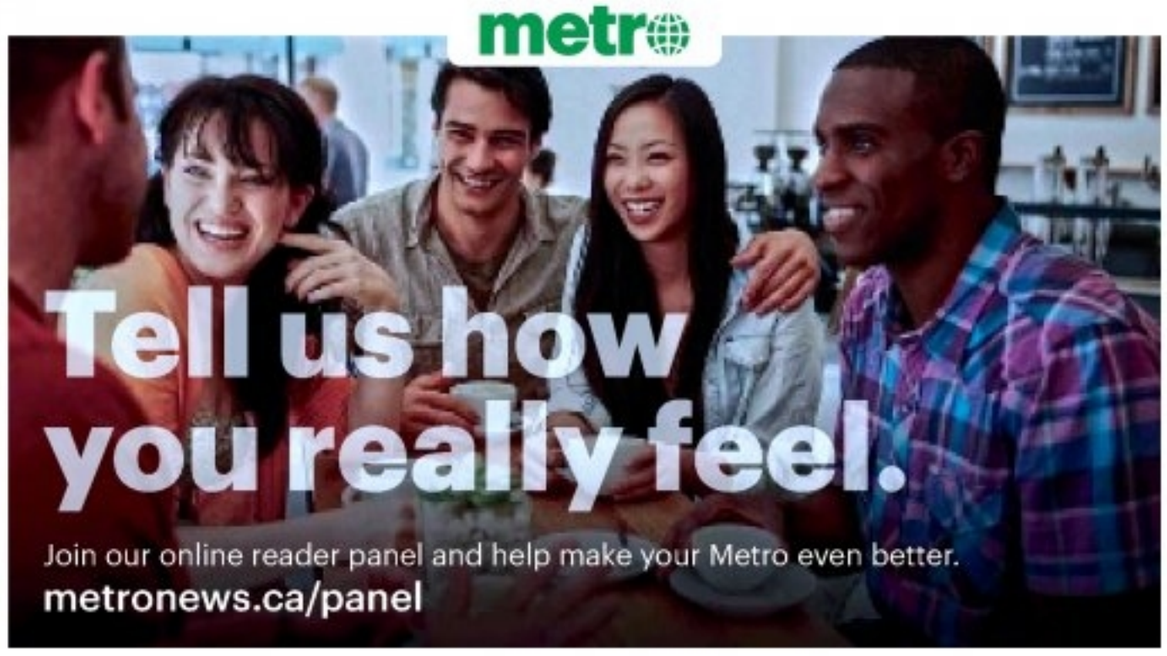


RECIPE Best Fish Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

If the crunchy fish in this sandwich weren't so good I'd say it's all an excuse for its seriously addictive spicy mayo.

Ready in
Prep time: 5 minutes
Cook time: 10 minutes

Ingredients
- 2 Tilapia filets
- 1/4 cup corn meal
- salt and pepper
- 1/4 tsp chili powder
- 1 Tbsp vegetable oil
- 1/4 cup fresh parsley, chopped
- 4 buns
- 4 romaine leaves, chopped
- 2 tomatoes, sliced
- 1/2 cup mayonaise
- 1 Tbsp ketchup
- 3 tsp Sriracha

Directions

1. Spread corn meal evenly on a plate and toss in salt and pepper, chili powder and parseley until it's all combined. Spread the mixture evenly on a plate. Press the fish into the corn meal and turn over, press the other side into the corn meal.

2. In a good sized pan, heat some vegetable oil to medium heat. Place your fish down in the pan. It will take about 5 minutes on the first side and only about 3 on the other.

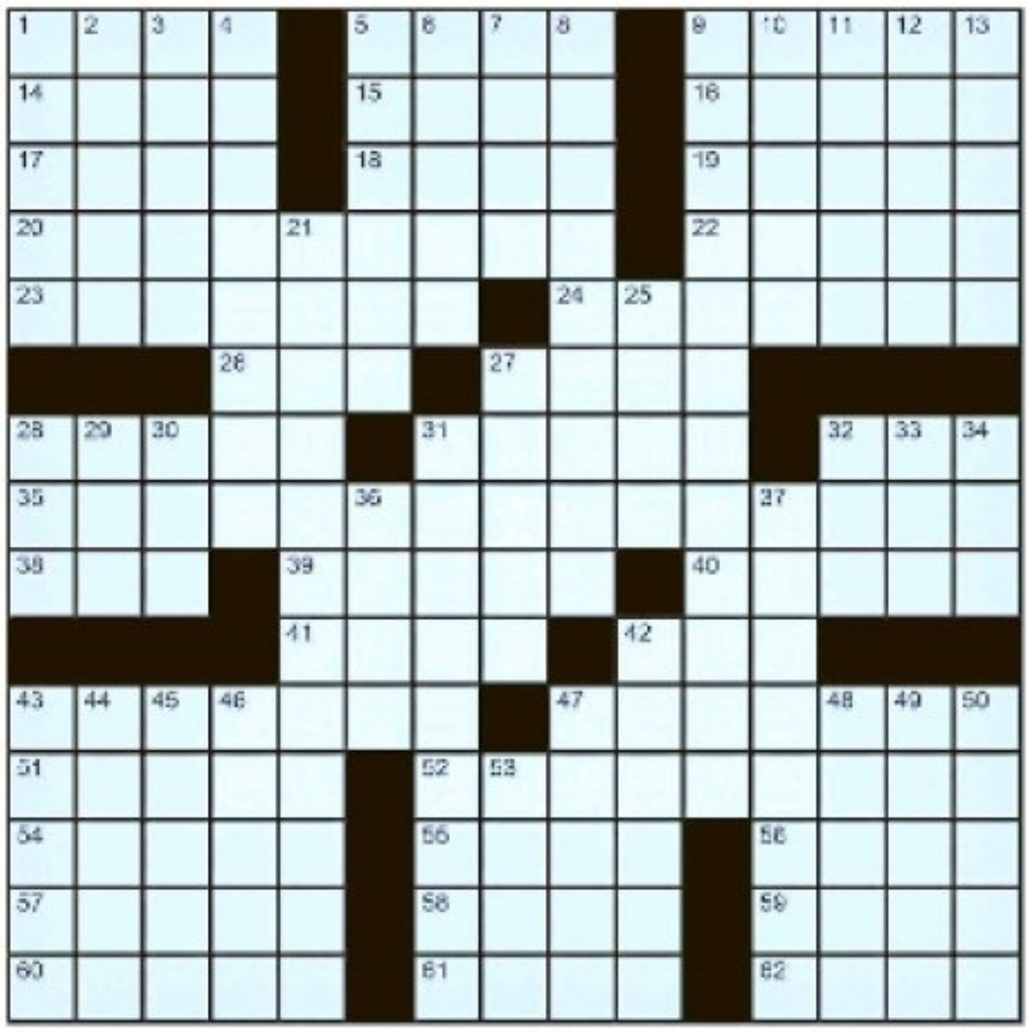
3. While your fish is cooking, mix up your mayo, ketchup and hot sauce in a small bowl.

4. Check your fish. The corn meal will be crusty and the fish should be opaque. Break your fish into large pieces. Slice open your buns and spread mayo on each side. Place your chopped lettuce down, then fish, then tomato.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Q. "_ '_' a way to abbreviate Anchorage's state?" A. "Indeed."
5. Music key, _ _.
9. Switchblades
14. Rib or tibia
15. Dallas Cowboys quarterback Tony
16. 'Don't play' musical direction
17. Live _ (Rustic wooden table feature)
18. Literary collection [abbr.]
19. Dior perfume, J'_
20. With-a-bowl utensil
22. Jumpy
23. Kleenexes
24. Underwater chamber in bridge construction
26. #49-Down's frequent co-star ...her initials-sharers
27. Tee-er's averages
28. "M*A*S*H" role, Lieutenant Colonel _
31. Biblical measure of length
32. Welcome _
35. Ottawa is the hub of it: 2 wds.
38. It's 'in'
39. Short-tailed weasel
40. Boston's NBA team, commonly
41. Chuck
42. Photo
43. Alter the mould
47. Overdoes it with showing off
51. Survey answer selection
52. Medieval armour: 2 wds.
54. Get _ _ of (Contact)
55. _ _ grievance (Complain)
56. 'Sound'-meaning prefix
57. Big cat in "Ice Age: The Meltdown" (2006)
58. _' Ted (Mr. Cruz to Donald Trump)
59. Internet pub.
60. "Vamoose!"
61. '_ and Found'
62. Unappreciative utterance

DOWN
1. "_ _ be goin' now."
2. "Me too.": 3 wds.
3. AC/DC lead guitarist Mr. Young
4. Memento
5. Curtains
6. Vintage music LPs
7. 9:00_ _ _5:00pm (Office hours)
8. Explorer who voyaged to the East Coast via The Matthew: 2 wds.
9. 2016 Census: Wayne R. Smith, Chief _ of Canada
10. Devil's domicile
11. Showbiz legends
12. Left-hand page
13. Alexander _, Winnipeg-born hockey star
21. Level of fame achieved by Celine Dion
25. Seed covering
27. Transformation-stage insects
28. Texter's good chum
29. Ms. Michele
30. Sum up
31. Reason to say "Just made it.": 2 wds.
32. Rich money amt.
33. Play's scenes grouping
34. Writer Mr. Eliot, et al.
36. On
37. Legendary Chief of the Shawnee who allied with Britain during the War of 1812
42. Flexible
43. Routes
44. Moral principle
45. Horse hoof handler
46. Honi's comic strip mother
47. Anna of "Brokeback Mountain" (2005)
48. Ruth's mother-in-law in the Old Testament
49. Ms. Fey's
50. Trudges
53. "_-_, Silver! ("The Lone Ranger" opening exclamation)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's a good day to make long-range plans for the future. It's also a great day to schmooze with siblings, relatives and neighbors.

Taurus April 21 - May 21
You might work alone or behind the scenes today to do some financial planning regarding inheritances and shared property. This is a good money day for you!

Gemini May 22 - June 21
Enjoy interacting with others today, because everyone feels friendly. Partners and close friends are supportive to your goals now, which is reassuring.

Cancer June 22 - July 23
Personal details about your private life might be made public today. No worries; everything looks positive. You make a great impression on bosses and VIPs today.

Leo July 24 - Aug. 23
If you can travel today, you will enjoy it, because you want a change of scenery. Grab any opportunity to educate children today; this, too, will be rewarding.

Virgo Aug. 24 - Sept. 23
You will make headway today with shared property, inheritances, taxes and debt. You might see a way to better secure your home and family. Bosses and VIPs will go along with what you want.

Libra Sept. 24 - Oct. 23
You have to compromise somewhat dealing with others today, because the Moon is opposite your sign. Fortunately, everyone will be cooperative!

Scorpio Oct. 24 - Nov. 22
You are industrious and productive today because you want to get better organized. In particular, you want to be more on top of bills, expenses and your financial scene.

Sagittarius Nov. 23 - Dec. 21
This is a playful, fun-loving day! Take time out of your day to have some fun. Enjoy sports events, social outings and time spent with children. Someone older might help you.

Capricorn Dec. 22 - Jan. 20
Assistance from someone might help you to entertain people at home today. Either way, you can do something that will solidify or secure your home base in a nice way.

Aquarius Jan. 21 - Feb. 19
This is a great day to make some long-range plans and have serious discussions with siblings, relatives and neighbors. It's a good day to plan a future social outing.

Pisces
Feb. 20 - March 20
Look for ways to boost your income today, because you might do this. Whatever you do will impress bosses, parents and people in power. Looking good.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

7	6						2	8
		3				1		
	4		1		5		6	
8				1				9
2				8				7
	8		7		4		5	
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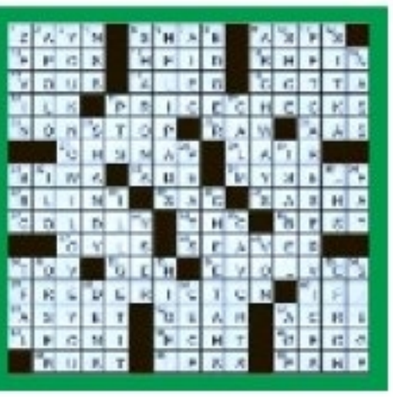
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

2	6	1	9	5	4	8	7	3
8	3	9	7	6	2	4	5	1
5	4	7	1	3	8	2	9	6
6	5	4	8	1	3	7	2	9
3	9	2	6	4	7	1	8	5
7	1	8	2	9	5	6	3	4
1	8	6	5	7	9	3	4	2
9	2	3	4	8	1	5	6	7
4	7	5	3	2	6	9	1	8



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MTI helped me to grow as an individual. They boosted my self-esteem and helped me realize that I could strive for more. Through this college I met new people who became so close to my heart. Also, I met a passionate and wonderful instructor inside and out.

- Arielle R.

I decided to go to MTI Community College right after high school. I chose the Special Education Teacher Assistant program due to the specialization of the program and because I was impressed by the instructor.

- David M.

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